

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM EAP NOTES



Domestic Violence is Everybody's Responsibility

Many perceive domestic violence as a private matter between a husband and a wife. However, the truth is that ending the abuse is everybody's responsibility. Domestic violence includes incidents occurring between married or dating couples, those in lesbian or gay relationships and abuse of elders by family members.

**Domestic
Violence Hotline**
1-800-799-SAFE

Abuse is not always physical. Other tactics abusers use to maintain power and control include:

Emotional and verbal violence. Put-downs, public humiliation, name-calling, mind games and manipulation often leave the deepest scars.

Isolation. Many victims are not allowed to see family and friends due to the abuser's jealousy. This isolation may result in job loss due to absenteeism or decreased productivity.

Threats and intimidation. The most terrorizing threats include those of physical violence, suicide or taking away the children.

If you suspect a friend, family member or co-worker is a victim of domestic violence, you can help. Let the victim know that:

- You are afraid for their and/or their children's safety.
- The abuse will only get worse and she/he deserves better.
- You're there when she/he needs you or is able to leave.
- You will help her/him develop a safety plan.
- Best Care EAP is available to help **(402) 354-8000** or **(800) 666-8606**.

Even if you do not know anyone affected by domestic violence, you can help end the cycle by:

- Calling the police if you see or hear evidence of domestic violence.
- Speaking out publicly against domestic violence.
- Encouraging your neighborhood watch to become concerned for domestic violence as well as for burglaries and other crimes.
- Reaching out to support a victim, or by talking with a person you believe is being abusive.
- Helping educate others by inviting speakers to your church, workplace or civic group.
- Supporting domestic violence counseling programs and shelters.

Source: www.usda.gov, USDA Domestic Violence Awareness Handbook

*Your Best Care EAP is a resource to help end the crime of domestic violence. If you need help or want to support a victim contact your Best Care EAP at **(402) 354-8000** or **(800) 666-8606**. An appointment or telephone call with a professional counselor is **completely confidential**.*

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